Heart to Table

A SELF-GUIDE WORKBOOK

Six Weeks Toward a Steadier, More Rooted You

Heart to Table · Ground Journey

Grow Deep Before You Grow Wide

GROUND · Stability. Discipline. Roots.

BEFORE YOU BEGIN

HOW TO USE THIS WORKBOOK

This is a six-week season, not a race. Each week has two pages: a short teaching to read slowly, and a page to actually do the work, honestly, in your own words, at your own pace.

You don't need a perfect streak. Some weeks will land deeper than others. Move through it once a week if you can, but return to any week, any time you need its particular lesson again.

1. Read the week's teaching first, ideally somewhere quiet. Let it settle before you write.
2. Answer both reflection questions honestly. There's no version of this that's being graded.
3. Try the week's practice, even imperfectly. Small and consistent beats big and abandoned.
4. Close with the prayer, or let it become your own words instead. Either way, bring it to God.

> *"They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes."*
>
> JEREMIAH 17:7–8

THE SIX WEEKS

WEEK	THEME	SCRIPTURE
01	What Are You Rooted In?	JEREMIAH 17:7–8
02	Who You Are Apart From What You Do	COLOSSIANS 3:3
03	Discipline as Devotion	1 TIMOTHY 4:7–8
04	The Hidden Season	JOHN 12:24
05	Boundaries as Roots	PROVERBS 4:23
06	Ready to Widen	ISAIAH 54:2

Grow deep before you grow wide.

WEEK 01 · TEACHING

WHAT ARE YOU ROOTED IN?

Every tree is shaped long before you see its fruit. What determines whether it survives a drought, a storm, or a long winter isn't what's visible above the ground, it's what's happening beneath it, in the dark, where no one is watching.

Ground is not about becoming more productive. It's about examining what you've built your life on, and whether it can actually hold what's coming.

Most of us build first, and only discover what we built on when something shakes us. A relationship ends and we realize how much of our identity depended on it. A job disappears and we realize how much of our worth was tied to a title. A season of silence from God makes us realize how much of our faith was built on feeling Him rather than knowing Him.

Jeremiah gives us two pictures side by side: a shrub in the wilderness, and a tree planted by water. Both look fine in a good season. The difference only shows up when the heat comes, when the drought comes. One withers. One keeps bearing fruit, because its roots reach all the way down to a source that doesn't dry up.

This week isn't about fixing anything. It's about being honest about what's actually holding you up right now, so that over the next five weeks, you can start planting roots that can hold the whole of you.

> *"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."*
>
> **JEREMIAH 17:7–8**

WEEK 01 · THE WORK

THE WORK

REFLECT

What has quietly been holding you up this past year, achievement, approval, a relationship, busyness? Be specific, even if the answer surprises you.

If that thing were removed tomorrow, what would actually be left of your sense of self? Sit with the honest answer, not the one that sounds spiritual.

THIS WEEK'S PRACTICE

Each morning, before checking your phone, say out loud: "My life is rooted in Christ, not in my circumstances." Notice how it feels to say it, especially on the days it doesn't feel true yet.

CLOSING PRAYER

God, show me, gently, what I've really been standing on. I don't want a life that only holds up in good weather. Plant me by the water. Amen.

WHO YOU ARE APART FROM WHAT YOU DO

If someone asked you to describe yourself without mentioning your job, your achievements, your role in your family, or what you produce, how long could you talk?

For many of us, the honest answer is: not very long. We've learned to locate our worth in what we do, which means our sense of self rises and falls with our output. On a productive week, we feel like ourselves. On a quiet week, we feel like we're disappearing.

Scripture describes identity completely differently. You are not primarily a title, a role, or a resume. You are chosen, adopted, hidden with Christ. This isn't a metaphor to make you feel better, it's the actual ground beneath everything else you do.

This doesn't mean your work, your role, your achievements don't matter. It means they were never meant to be the foundation. They were meant to be the fruit; identity was always meant to be the root.

Ground asks you to do the quieter, harder work of separating the two, not so you stop doing meaningful things, but so you stop needing them to tell you who you are.

> *"For you died, and your life is now hidden with Christ in God."*
>
> **COLOSSIANS 3:3**

THE WORK

REFLECT

Write three sentences describing yourself without mentioning anything you do, achieve, or produce. Notice how hard or easy this is.

Where do you most often go to feel like yourself, work, a relationship, being needed? What would it mean to let God be that place instead?

THIS WEEK'S PRACTICE

This week, when you catch yourself introducing yourself by your job or role, add one sentence after it that's true about who you are in Christ.

CLOSING PRAYER

God, You knew me before I did anything to earn it. Teach me to rest in that this week, even when I'm tempted to prove it. Amen.

WEEK 03 · TEACHING

DISCIPLINE AS DEVOTION

Discipline has a bad reputation in most of our lives. It sounds like restriction, like punishment, like the thing you do when you've failed enough times to finally get serious.

But biblical discipline was never meant to be a hustle. Paul tells Timothy to train himself to be godly, the same word used for athletic training, not military punishment. Training implies love for what you're becoming, not fear of falling short.

The rhythms you build in this Ground season, prayer, scripture, rest, movement, aren't proof you're finally disciplined enough. They're simply the repeated motions of someone who wants their roots to go deeper. Some days that motion will feel like devotion. Other days it will feel like showing up out of habit. Both count.

Grace-fueled discipline looks less like a perfect streak and more like returning, again and again, without shame, to the practices that ground you. The goal was never mastery this season. It was rhythm.

> *"Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."*
>
> **1 TIMOTHY 4:7–8**

THE WORK

REFLECT

What's one spiritual rhythm you've abandoned out of guilt rather than actually outgrowing it? What would it look like to return to it without shame?

Where in your life have you confused discipline with punishment? What would change if you saw it as devotion instead?

THIS WEEK'S PRACTICE

Choose one small, sustainable rhythm for this week, even five minutes of prayer or one chapter of scripture. Commit to returning to it, not perfecting it.

CLOSING PRAYER

God, free me from discipline built on guilt. Teach me rhythms rooted in love for You, not fear of falling short. Amen.

WEEK 04 · TEACHING

THE HIDDEN SEASON

Joseph spent thirteen years in obscurity, sold into slavery, falsely accused, forgotten in a prison cell, before anyone saw what God had actually been building in him. From the outside, it looked like wasted years. From what we know now, it was the exact season that shaped the character his calling would require.

Every tree grows most of its root system before it produces anything visible above ground. That's not a design flaw, it's the design. Growth you can't see is often the growth that determines whether you survive what's ahead.

If this season has felt hidden, unremarkable, even like nothing significant is happening, that isn't a sign you're behind. It might be a sign you're finally rooting, in the only place where roots actually grow: underground, unseen, unrushed.

The temptation in a hidden season is to force visibility, to make something happen so it feels like progress. But some of the most important growth in your life will happen exactly where no one is watching, including you.

> *"Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."*
>
> **JOHN 12:24**

Grow deep before you grow wide.

Heart to Table

THE WORK

REFLECT

What season of your life has felt hidden or unremarkable? Looking back now, can you see anything that was actually being built in you during it?

What would it look like to trust that this current season, even if it feels quiet, is doing necessary work underground?

THIS WEEK'S PRACTICE

This week, resist the urge to make your growth visible to anyone. Let at least one spiritual practice stay completely private, between you and God.

CLOSING PRAYER

God, I don't always trust what I can't see. Help me believe that You're building something in this hidden season, even when it doesn't feel like progress. Amen.

WEEK 05 · TEACHING

BOUNDARIES AS ROOTS

Roots don't just draw nourishment, they also determine what a plant can absorb, and what it can resist. A root system with no boundaries takes in everything the soil offers, including what's toxic. A healthy root system is selective, not because it's afraid of the world, but because it knows what it needs to survive and grow.

Boundaries function the same way in a life. They are not walls built out of fear; they are roots built out of discernment. Saying no to something isn't always rejection, sometimes it's protection for what you're actually trying to grow.

Nehemiah rebuilt a wall around a vulnerable city, not to keep life out, but to give what was inside room to be rebuilt without constant threat. Your Ground season may be asking you to rebuild a few walls of your own, around your time, your energy, your attention, so that what's rooting in you actually has room to take hold.

"Above all else, guard your heart, for everything you do flows from it."

PROVERBS 4:23

THE WORK

REFLECT

Where in your life do you need a boundary you've been avoiding, out of guilt, fear, or habit?

What is that boundary actually protecting, your time, your peace, your growth? Naming it might make it easier to hold.

THIS WEEK'S PRACTICE

Identify one boundary to set this week, even a small one. Practice saying it out loud before you have to say it to the person.

CLOSING PRAYER

God, give me courage to protect what You're growing in me. Help my no come from discernment, not fear. Amen.

WEEK 06 · TEACHING

READY TO WIDEN

“Grow deep before you grow wide” was never meant to keep you small forever. Roots exist so a tree can eventually hold the weight of its own branches. If you’ve done the quiet work of this season, honestly examining what you’re rooted in, releasing performance-based identity, building grace-fueled rhythms, trusting hidden growth, protecting what’s growing with boundaries, something is different in you now, even if it doesn’t feel dramatic.

Isaiah tells a barren woman to enlarge her tent, to prepare for children she doesn’t have yet. It’s an instruction to prepare for growth before the growth is visible, an act of faith that roots this deep were always meant to hold something wider.

You don’t have to rush toward what’s next. But you can start letting yourself imagine it. Not what you’ll do or produce, but who you’ll be able to become, now that you’re standing on steadier ground.

> *“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes.”*
>
> **ISAIAH 54:2**

WEEK 06 · THE WORK

THE WORK

REFLECT

Looking back over these six weeks, what has actually changed in what you're rooted in, even quietly?

What is God inviting you to enlarge, imagine, or prepare for as this season moves toward what's next?

THIS WEEK'S PRACTICE

Write one sentence of what you hope to carry from Ground into whatever comes next. Keep it somewhere you'll see it.

CLOSING PRAYER

God, thank You for this season of roots. I don't know exactly what's ahead, but I trust You've grown something in me that's ready to hold it. Amen.

Heart
to Table

SIX WEEKS LATER

YOU ARE NOT WHO YOU WERE WHEN YOU STARTED.

Even the quiet growth was real.

“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back.”

ISAIAH 54:2

Grow deep before you grow wide.